

LIVE IT Sunday for family

First Sunday of Lent

Breaking Open the Word

Read from the Children's Bible on page 1524 ([Mark 1:12-15](#))

Step One: Listen to the Word

As you listen to this very short Gospel reading, what words or phrases strike you? Share your word or phrases out loud.

Step Two: Look into Your Life

Question for Children: What will you do this Lent to become more like Jesus

Question for Youth: Lent gives us a chance to do things differently – to "go to the desert." How can you make Lent a time for growing in faith?

Question for Adults: What is the one area of your life which you most want to "reform" as you get ready to embrace the Gospel, what is it?

Pray of the week: Let us pray for the grace of humility, that during Lent this year we might allow ourselves to be touched and healed by the Spirit of God.

*~Lifelong Catechesis~
Forming Catholic Identity across Generations*

What is Lent?

Guide for Parents & Catechists



WEEK 1

Family Guide

This week focus is on the meaning of Lent and the three Lenten practices of fasting, praying, and almsgiving.

Step one: Start with the **Live It Sunday** for Family on page 4

Step Two: Watch [Lent in 3 minutes](#) by Busted Halo

Step Three: Talking Points

Lent begins on Ash Wednesday.

Lent is a time of growing closer to God: Pray more, Fast a little and much Almsgiving .

Lent challenges us to...

Take time to pray.

Take time to be more loving, more fair, and forgiving.

Step four: Activity for ...

Student—use the **Purple Book** and do a page a day. This will replace the online lesson which you do not have to access the St. Mary's Press to complete lessons 15-20. They are encouraged to do so if they wish.

Family— What new beginnings could our family make this year? In order to make these new beginnings, what will we have to do?

Pray—using the PED card (pray every day), pray the stations of the Cross,

Fast— cook and eat a meatless meal on Fridays ([Lenten recipes](#) by CRS)

Almsgiving—give to the Rice Bowl to support and prevent hunger and poverty around the world.

Catechist Guide

This week focus is on the meaning of Lent and the three Lenten practices of fasting, praying, and almsgiving.

Tuesday Preparation

Send reminder & Zoom link to families

Pray & prepare the lesson of the week

Wednesday's Night class

- ♦ Check-in
- ♦ Using the **Live It Sunday for Family** on page 4 for Opening Prayer.
- ♦ Review the theme of the week...
 - ♦ Meaning of Lent & what are the practices we do during Lent that brings us closer to God and others? Prayer, Fast, and Almsgiving.
 - ♦ Watch [Lent in 3 minutes](#) by Busted Halo
 - ♦ Activity from Purple Book and family commitment for Lent?
- ♦ Remind students to practice lent with Prayer, Fasting and Almsgiving— give more instead of give up for Lent.

My Lenten Pledge

This week, I will Pray_____

I will fast from _____

I will give more (time) to _____